NOTICE: USER INFORMATION

**Progestogel 1% gel**

Progesterone

Please read all of the instructions carefully before using this medicine.

- Keep this notice, you may need to read it again.
- If you have other questions, if you are in doubt, ask for more information from your doctor or pharmacist.
- This medicine has been prescribed for you only. Never give it to someone else, even in cases of identical symptoms as this could be harmful to them.
- If one of the undesirable effects becomes serious or if you notice an undesirable effect not mentioned in this notice, contact your doctor or pharmacist.

**In this notice:**

1. What is PROGESTOGEL and in which instances is it used
2. What information should be understood before taking PROGESTOGEL
3. How to take PROGESTOGEL
4. What are the potential undesirable effects
5. How to store PROGESTOGEL
6. Additional information

**1. WHAT IS PROGESTOGEL AND IN WHICH INSTANCES IS IT USED?**

- **Pharmaceutical forms and other presentational forms**

  PROGESTOGEL is presented in the form of a gel for cutaneous application. The packet contains a tube of 80-g of gel and a graduated measure for obtaining a standardized dose of 2.5-g of gel.

- **Pharmacotherapeutic group**

  Progesterone.
  Natural physiological progestative (Progesterone) via the percutaneous method.

- **Therapeutic indications**

  PROGESTOGEL is prescribed in the treatment of painful pressure in the breasts (mastodynie) and/or associated with benign cystic pathologies of the breasts (mastopathy).

  PROGESTOGEL is not prescribed for men.

**2. WHAT INFORMATION SHOULD BE UNDERSTOOD BEFORE TAKING PROGESTOGEL?**

**Never take PROGESTOGEL** if you are hypersensitive (allergic) to progesterone or one of the constituents of PROGESTOGEL.

**Be careful with PROGESTOGEL:**

Be sure that the bust and hands are perfectly clean when applying the product. If you suffer from irregular cycles, the association of progesterone or a progestative by the oral method may be recommended.

This medicine is for external use only, do not swallow it.
The use of PROGESTOGEL in association with other medicines

Not applicable.

Inform your doctor or pharmacist if you are taking other medicines or if you have been taking them recently, even if these medicines were obtained without prescription.

Food and drink

Not applicable.

Pregnancy

The use of PROGESTOGEL is contraindicated during pregnancy. Ask your doctor or pharmacist’s advice before taking any other medicine.

Breast-feeding

You should not use PROGESTOGEL when breast-feeding.

Ask your doctor or pharmacist’s advice before taking any other medicine.

Driving vehicles and using machinery

Not applicable.

Important information concerning certain constituents of PROGESTOGEL

Not applicable

3. HOW TO USE PROGESTOGEL

Always respect the dosage indicated by your doctor. If in doubt, consult your doctor or your pharmacist.

The normal dosage is 1 graduated measure of 2.5-g per day. A dose of 5-g of gel delivers 50-mg of progesterone.

Press the tube on its lower side and create a tube in the groove in the graduated measure. After washing, gently massage the product into each breast until the product penetrates the skin. The treatment should be followed in a continuous manner or preferably on each day of the month, including the menstrual period.

If you have forgotten to take PROGESTOGEL

Do not take a double dose in compensation for the dose you have forgotten to take.

Carry on with the treatment as prescribed.

If you stop taking PROGESTOGEL

Not applicable.

If you have other questions concerning the use of this medicine, ask for more information from your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Not applicable

5. HOW TO STOCK PROGESTOGEL
Do not leave it within the reach or view of children

Do not store above 25°C.

Do not use PROGESTOGEL after the expiry date marked on the packaging after the letters “EXP”. The expiry date refers to the last day of the month.

Medicines should never be disposed of in the sewerage system or in household waste. Ask your pharmacist what to do with unused medicines. These measures will protect the environment.

6. ADDITIONAL INFORMATION

What does PROGESTOGEL contain

The active substance is progesterone.
The other constituents are Octyl-2 dodecanol - Carbomere Carbopol® 980 NF – Trolamine – Polyoxyethylene hydrogenated castor oil – Ethanol – Distilled water.

What is PROGESTOGEL and what are the contents of the packaging

PROGESTOGEL is a gel delivered in a tube containing 80-g of gel with a graduated measure permitting accurate dosage of 2.5-g of gel. The tube and the graduated measure are supplied in a cardboard box.

Marketing authorization holder and manufacturer

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